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Written on APRIL 10, 2013 AT 7:30 AM by VKREMER

Performance Nutrition and Your Health

Filed under FORCE HEALTH AND SAFETY, HEATH, PUBLIC HEALTH

[NO COMMENTS]

By Dawn Whiting, Navy and Marine Corps Public Health Center



U.S. Navy Aviation Maintenance Administrationman Airman Kenneth Smith prepares the fruit bar forward mess deck aboard the aircraft carrier USS Nimitz (CVN 68) in the Indian Ocean. (U.S. Navy Mass Communication Specialist 3rd Class Matthew C. Haws/Released)

As [National Nutrition Month](#)™ and [Navy Nutrition Month](#) come to a close, The Navy and Marine Corps Public Health Center’s Health Promotion and Wellness (HPW) campaign wants to remind Sailors, Marines and their families to access [Healthy Eating](#) resources for tips on how to select nutrient dense, healthy food for optimal performance.

Different lifestyles mean varying nutritional needs, and understanding how to best fuel your body is an important first step in good nutrition. For example, if you are engaging in high-intensity workouts on a daily basis, you will need more calories than someone who does not exercise regularly. If you are a busy parent on-the-go, having access to healthy and easy snacks like pre-cut fruits and vegetables will help support better eating for you and your family.

When we eat nutrient dense foods (whole grains, lean protein, fruits, vegetables and fat-free

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or low-fat dairy products), it helps maintain health and reduces the risk of disease and illness, such as heart disease, high blood pressure, diabetes, osteoporosis, and several types of cancer. Eating healthy can also help you maintain a healthy body weight, promote better sleep and increased energy levels.

To learn more about how you can eat to maintain a healthy lifestyle, read the HPW article “[Healthy Eating for Your Lifestyle](#).” For more information on [weight management](#), [performance nutrition](#), and [dietary supplements](#) or to participate in the [ShipShape](#) weight management program , visit the Navy and Marine Corps Public Health Center’s [Healthy Eating website](#).

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